

Utah Community Resources

Health Insurance

Children's Health Insurance Program (CHIP)

Affordable health insurance for working families that earn too much for Medicaid and have children under 19. Toll free: 1-888-222-2542

Medicaid Eligibility Toll free: 1-800-662-9651

Primary Care Network Toll free: 1-888-222-2542

An insurance program for adult residents of Utah aged 19 - 64 who have not had health coverage for six months and do not qualify for Medicaid.

Unemployment Insurance Program

Salt Lake Area 526-4400 Toll free: 1-888-848-0688

HIV/AIDS Information & Referral

HIV Hotline Toll free: 1-800-537-1046

Utah AIDS Foundation Toll free: 1-800-366-2437

Immunizations

Hotline Toll free: 1-800-275-0659

Information

Information and Referral Center Dial 211 or 1-888-826-9790

For details about additional resources in your area on topics such as abuse, adolescents, grief/loss of loved one, divorce, health, parenting and substance abuse.

Legal Information/Consultation

Disability Law Center (801) 363-1347
Legal aid for persons with disabilities.

Legal Aid Society (801) 328-8849
Family Law. Fee based on ability to pay.

Utah Legal Services (801) 328-8891
Legal counsel and referral.

Mental Health

Utah Department of Human Services (801) 538-3939
Mental health information and referral.

Mental Health Association in Utah (801) 596-3705

National Alliance for the Mentally Ill (801) 323-9900

Valley Mental Health (801) 483-5444
24 hour crisis line

Poison Control (801) 581-2151
Statewide toll free 1-800-456-7707

Pregnancy Information

Baby Your Baby Hotline Toll free: 1-800-826-9662
See Baby Your Baby on front page of brochure.

Catholic Community Services (801) 977-9119
Adoption and pregnancy counseling, immigration and refugee resettlement and other family services.

Children's Service Society
(801) 355-7444 Toll free: 1-800-839-7444
Pregnancy counseling, parenting advocacy, infant and special needs adoption; child care resource, referral, and provider training. Fee based on ability to pay.

LDS Family Services Toll free: 1-800-537-2229
Free pregnancy counseling, adoption services, and foster care for mothers & families of all denominations.

Pregnancy Risk Line Toll free: 1-800-822-2229
Provides accurate and current information about the effects of environmental exposures, including medications and herbs, on pregnancy and breastfeeding.

Prenatal Care

The following sites provide low cost or sliding scale prenatal care

Salt Lake Valley Health Dept.
3195 S Main St Salt Lake City UT (801) 483-5451
4535 S 5600 W Salt Lake City UT (801) 963-7335

Oquirrh View Community Health Center
4745 S 3200 W Salt Lake City UT (801) 964-6214

Copperview Community Health Center
8446 S Harrison St. Suite 2 (801) 566-5494
Midvale UT

Teen Mother and Child Program (801) 581-3729
30 N 1900 E Room 1B398 Salt Lake City UT

Northwest Community Health Center
1365 W 1000 N Salt Lake City UT (801) 328-5761

Central City Community Health Center
461 S 400 E Salt Lake City UT (801) 539-8617

Prenatal Care (continued)

Mountainlands Community Health Center
215 W 100 N Provo UT (801) 374-9660

Midtown Community Health Center (801) 393-5355
670 28th St. Suite 8 Ogden UT

Weber/Morgan Health Dept (801) 399-8433
2233 Grant Ave Ogden UT

Montezuma Creek Clinic (435) 651-3291
East Highway 262 Montezuma Creek UT

Centros de Buena Salud (435) 723-8276
14 N 100 E Suite 200 Brigham City UT

Wayne County Medical Center (435) 425-3744
128 S 300 S Bicknell UT

Carbon Medical Services Assoc. (435) 888-4411
305 Center St. East Carbon UT

Enterprise Valley Medical Center (435) 878-2281
223 S 200 E Enterprise UT

Southwest Utah Community Hlth Ctr (435) 896-2566
168 N 100 E St. George UT

Rape/Sexual Assault

Hotline Toll free: 1-888-421-1100

Sexually-Transmitted Diseases/Infections

National CDC Hotline Toll free: 1-800-227-8922
Planned Parenthood Toll free: 1-800-230-7526

Smoking Cessation/Quit Programs & Info

American Cancer Society Toll free: 1-800-227-2345

American Lung Association
Toll free: 1-800-LUNG-USA

Utah Department of Health Tobacco Program
Toll free: 1-888-567-8788

For more information about programs in your area to help you or a loved one quit smoking, call your Local Health Department. *See listings on the back of this resource guide.*

Substance Abuse Counseling & Referral

Utah Alcoholism Foundation (801) 487-3276

Utah Department of Human Services/Division of Substance Abuse Toll free: 1-800-825-1992
Find out about substance abuse programs in your area.

Project Reality (801) 364-8080

Support Groups

Asian Association (801) 467-6060
Provides services such as tutoring, language classes, translation, cultural activities and family counseling to Asian Americans and Pacific Islanders.

Centro de la Familia de Utah (801) 521-4473
Assistance for people of Latino descent. Parenting classes for new or soon-to-be mothers and fathers.

Greenbacks Bringing Hope Foundation (801) 977-7764
Assistance and mentoring for single mothers.

Indian Walk-In Center (801) 486-4877
Assistance for Native Americans.

International Rescue Committee (801) 328-1091
Refugee assistance.

National Association for the Advancement of Colored People (N.A.A.C.P.) (801) 250-5088

Teen Parenting

Teen Mother and Child Program (801) 581-3729
30 N 1900 E Room 1B398
Salt Lake City UT

Created by:
Utah Department of Health
Reproductive Health Program
288 N. 1460 W./P.O. Box 142001
Salt Lake City, Utah 84114-2001
(801) 538-9970
www.health.utah.gov/rhp
11/2003



Utah Community Resources

Emergencies (24-hour life-threatening)

911

Baby Your Baby

Hotline Toll free: 1-800-826-9662
A resource to answer your questions and locate the services you and your family may need before, during and after pregnancy. If you don't find what you need on this list, call Monday - Friday, 8 a.m. - 5 p.m.; leave a message after hours.

Baby Watch/Early Intervention

Hotline Toll free: 1-800-961-4226
Utah's network of services for children birth to three years of age with developmental delay or disabilities.

Birth Control and Family Planning

Planned Parenthood Facts of Life Line
Toll free: 1-800-344-4134 (801) 364-CALL
Confidential prerecorded messages about family planning, sexuality and reproductive health.

For more information about family planning services in your area, call your Local Health Department. See *listings on the back of this resource guide.*

Birth and Death Certificates

Info Line (801) 538-6105

Breastfeeding

Intermountain Breastfeeding services at Primary Children's Medical Center (801) 588-3893

La Leche League 1-800-LA-LECHE

Child Abuse/Neglect

Hotline (24 hours/day) Toll free: 1-800-678-9399

Child Care

Mountain Region Child Care Resource and Referral
Toll free: 1-800-952-8220

Office of Child Care/Workforce Services
Toll free: 1-800-622-7390

Disability Information

Access Utah Toll free: 1-800-333-UTAH
Info, referrals and services for people with disabilities.

Domestic Abuse/Violence Information

Referrals for shelters, counseling, etc.
Toll free: 1-800-897-LINK

Family Assistance

Food and clothing for baby, mother or other family members, call the Baby Your Baby Hotline for a referral to a location in your area. Toll free: 1-800-826-9662

Food Stamps/Workforce Services (801) 468-0000
Call for office nearest you or look in the white or blue pages of your Utah local phonebook under *State Government, Workforce Services.*

Women, Infants, and Children (WIC) 1-877-WIC-KIDS
A supplemental nutrition program for eligible women, infants and children. (Toll free)

Financial Counseling

Consumer Credit Counseling (801) 297-6400

Grieving Parent Support Services

Caring Connections (801) 585-9522
Support groups and educational materials for people experiencing a loss of a loved one.

Compassionate Friends (801) 265-3623
Support group for parents or caregivers who have lost a child to death. www.tcfslcut.com

Share Parents of Utah (801) 272-5355
A support group for families experiencing a pregnancy loss or infant death.

Sudden Infant Death Program-Utah Dept. of Health
Referral, professional and public info (801) 538-9459
Statewide toll free Toll free: 1-800-826-9662

Health Information

National Women's Health InfoCenter
www.4woman.gov Toll free: 1-800-994-WOMAN

Utah Health Line Toll free: 1-800-472-4716
Find out about where you can obtain health care (immunizations, flu shots, prenatal and well-baby care, etc.)

Local Health Departments		
Bear River Health Dept.	(435) 792-6500	655 East 1300 North Logan, UT 84341
Central Utah Public Health Dept.	(435) 896-5452	70 Westview Drive Richfield, UT 84701
Davis County Health Dept.	(801) 451-3340	Courthouse Annex 50 E. State St./PO Box 618 Farmington, UT 84025
Salt Lake Valley Health Dept.	(801) 468-2700	2001 S. State St. Salt Lake City, UT 84190
Southeastern Utah Dist. Health Dept.	(435) 637-3671	28 S. 1st E./PO Box 800 Price, UT 84501
Southwest Utah Public Health Dept.	(435) 673-3528	285 W. Tabernacle St. George, UT 84770
Summit County Public Health Dept.	(435) 615-3910	85 N. 50 E./PO Box 128 Coalville, UT 84017
Tooele County Health Dept.	(435) 843-2300	151 N. Main St. Tooele, UT 84074
Tricounty Health Dept.	(435) 781-5475	147 E. Main St. Vernal, UT 84078
Utah County Health Dept.	(801) 370-8700	589 S. State St. Provo, UT 84606
Wasatch City/County Health Dept.	(435) 654-2700	555 S 500 E Heber City, UT 84032
Weber-Morgan Health Dept.	(801) 778-6100	2233 Grant Ave. Ogden, UT 84401

Utah Community Resources

The logo for the Utah Department of Health Reproductive Health Program. It features a stylized teal and purple graphic of a person in a protective circle. Below the graphic, the text "UTAH DEPARTMENT OF HEALTH" is in small teal letters, "REPRODUCTIVE" is in large teal letters, "HEALTH" is in large purple letters, and "PROGRAM" is in large purple letters.

For You and Your Family
During and After
Pregnancy